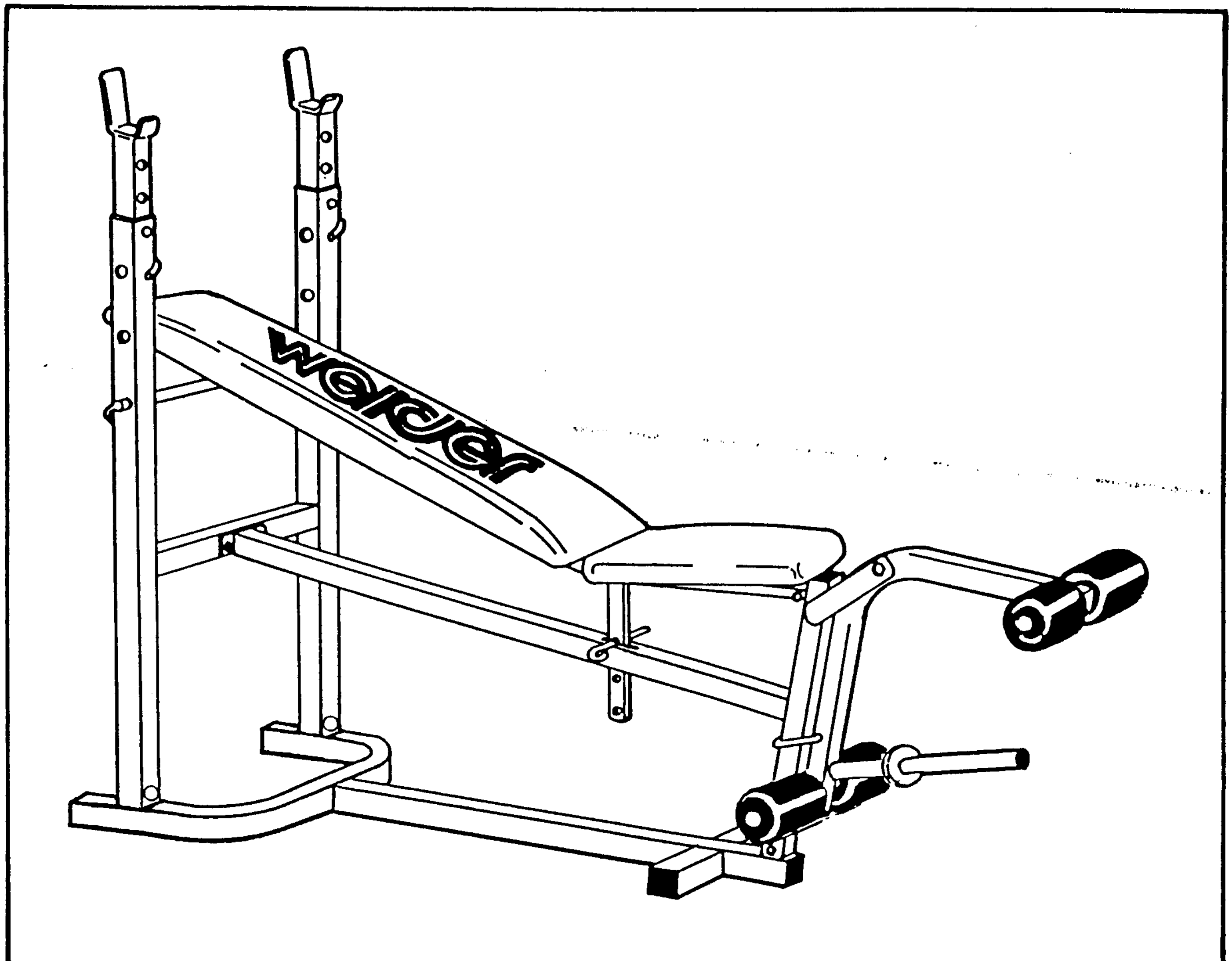


341

WB-340
CLASSIC

Assembly Instructions

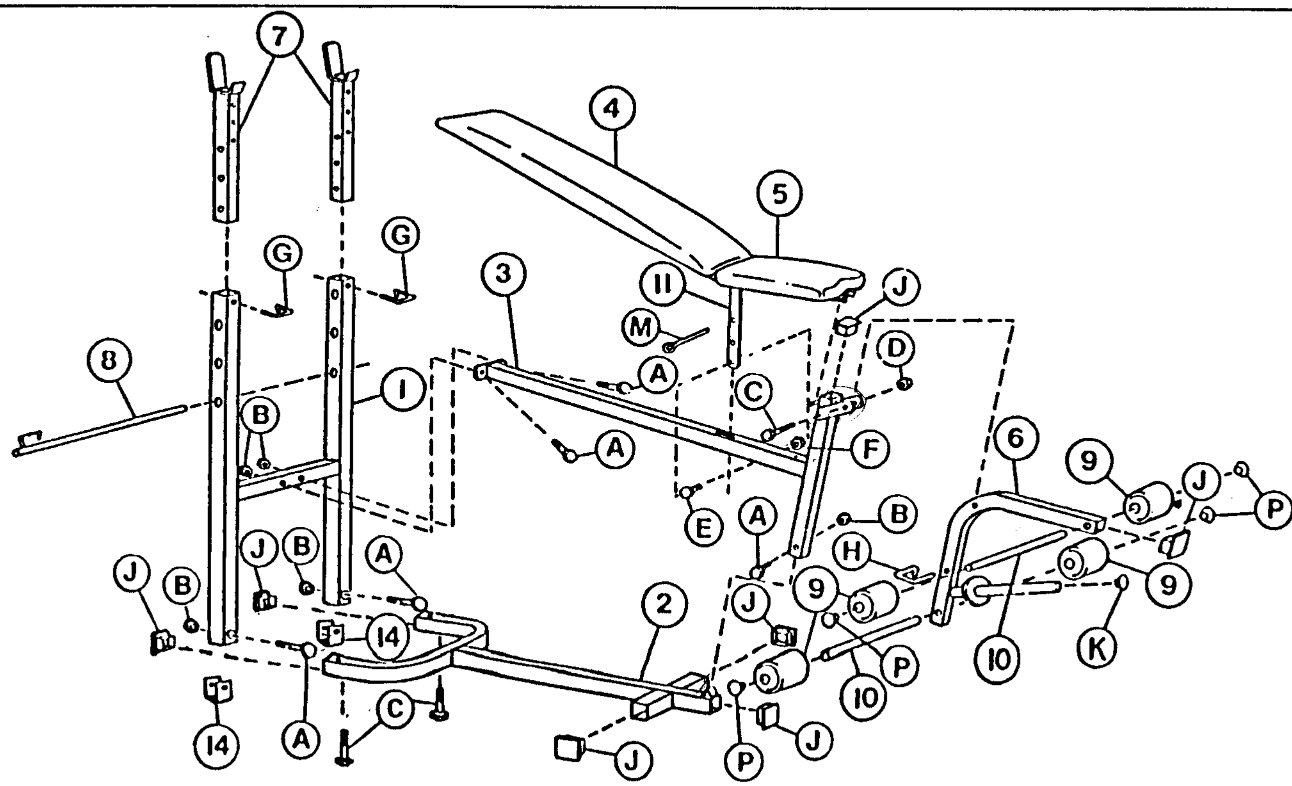
weider®

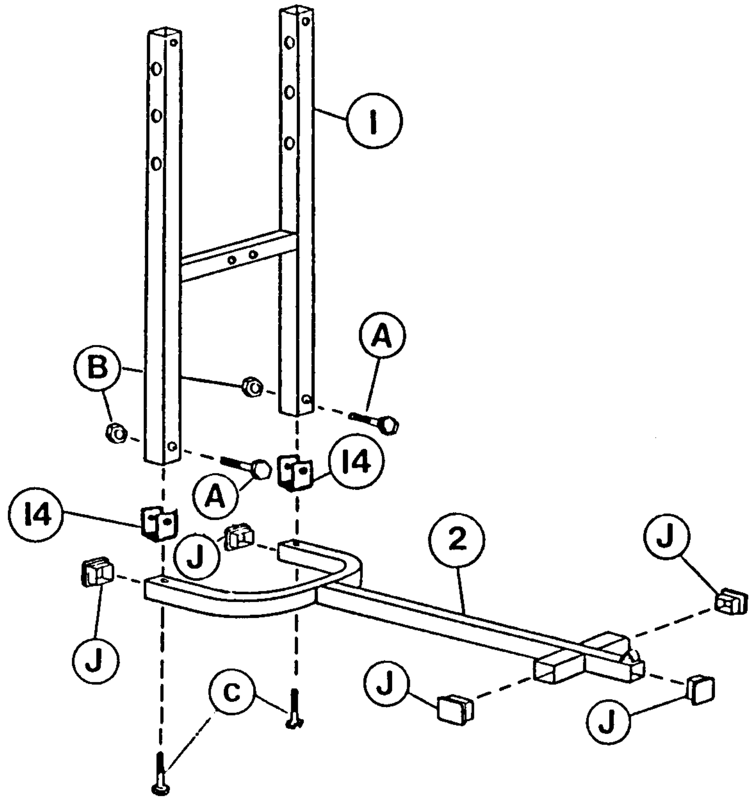
WEIDER HEALTH AND FITNESS
21100 Erwin Street, Woodland Hills, California, U.S.A. 91367

Parts List

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Diagram No.	Part Name	No. Required	Part Number
1	Upright	1	CA03-0203
2	Base Frame	1	CA03-0103
3	Main Frame	1	CA03-0105
4	Backrest	1	CA03-0304
5	Seat	1	CA03-0305
6	Leg Curl	1	CA03-0106
7	Adjustable Uprights	2	CA03-0204
8	Backrest Adjustment Bar	1	CA03-6006
9	Foam Pad	4	CA03-0401
10	Pad Bar	2	CA03-6007
11	Seat Adjustment "T"	1	CA03-6008
12	Backrest Angle Iron	2	CA03-6009
13	Seat Angle Iron	2	CA03-6010
14	U-Brackets	2	CA03-6011
A	5/16"-20 x 2 1/2" Hex Head Bolt	5	HH-5070
B	5/16" Lock Nut	5	HH-5021
C	3/8"-16 x 3" Hex Head Bolt	3	HH-5059
D	3/8"-16 Lock Nut	1	HH-5013
E	1 1/4"-20 x 3/4" Machine Screw	1	HH-5032
F	1/4"-20 Lock Nut	1	HH-5011
G	Locking Pin (Small)	2	WW-7020
H	Locking Pin (Large)	1	WW-7021
J	2" Square Plastic Cap	7	AA-8002
K	1" Round Plastic Cap SM.	1	AA-8005
M	Eyelet Pin	1	WW-7005
N	1/4"-20 x 1/2" Machine Screw	8	HH-5025
P	3/4" Round Plastic Cap	4	AA-8005
Q	1" Round Plastic Cap	1	AA-8070
	Hardware Bag	1	CA03-5752
	Instruction Manual	1	CIN112687



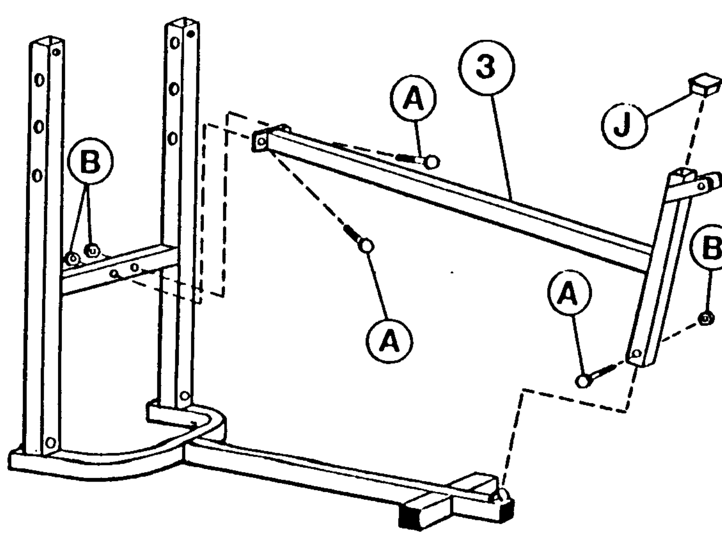


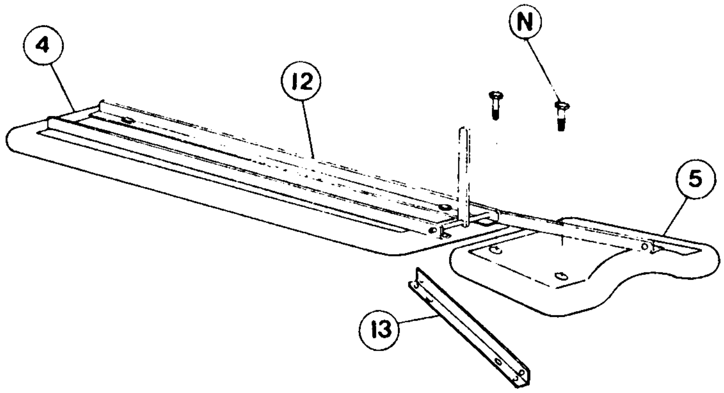
Step 1

Lay out BASE FRAME (2) and insert HEX HEAD BOLTS (C) through holes in rear of Frame. U-BRACKETS (14) are then screwed onto BOLTS (C), but not completely tightened. Holes in U-Brackets should be facing the sides of the bench as shown in the diagram. Place UPRIGHT (1) on U-BRACKETS (14) and insert HEX BOLTS (A) through each hole at base of Upright making sure bolt passes through U-Bracket holes. Securc bolts with LOCK NUT (B). Tighten all bolts. Insert five SQUARE PLASTIC CAPS (J) into Base Frame.

Step 2

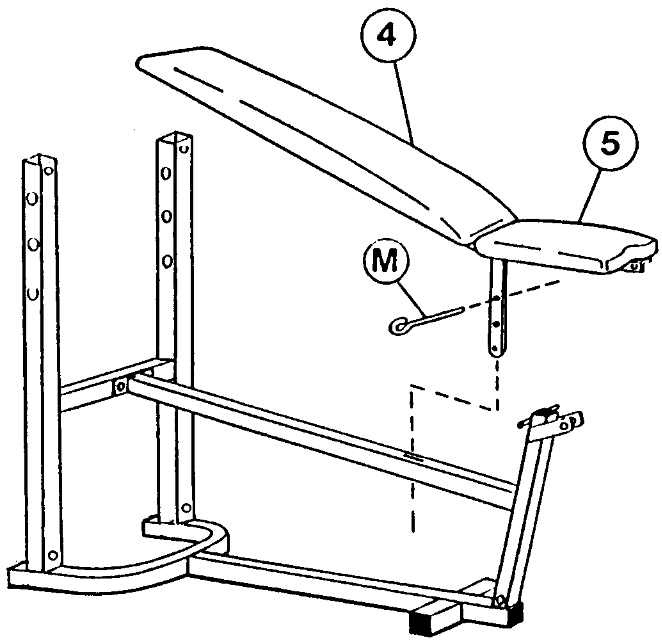
Set MAIN FRAME (3) in position with flat plate against Upright lining up holes. Attach Main Frame to Upright with two HEX HEAD BOLTS (A) and LOCK NUTS (B). Secure Main Frame to Base with HEX HEAD BOLT (A) and LOCK NUT (B). Insert SQUARE PLASTIC CAP (J) in Frame top as shown.





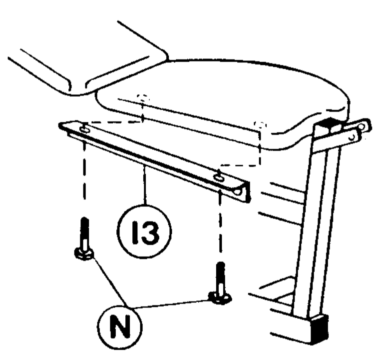
Step 3

Turn BACKREST (4) and SEAT (5) assembly over and remove two MACHINE SCREWS (N) to free SEAT ANGLE IRON (13).



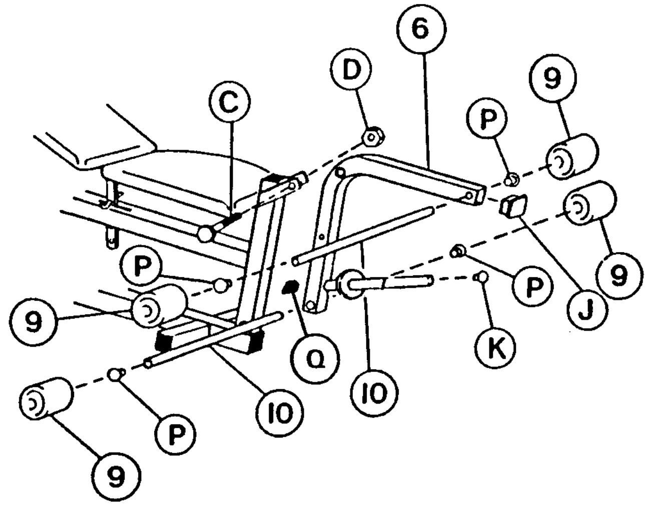
Step 4

Turn BACKREST (4) and SEAT (5) assembly right side up and lower onto Main Frame. Align SEAT ADJUSTMENT "T" (11) over slot in Main Frame and slide secured Seat Angle Iron over one side of pivot rod. Use EYELET PIN (M) to adjust Backrest and Seat height.



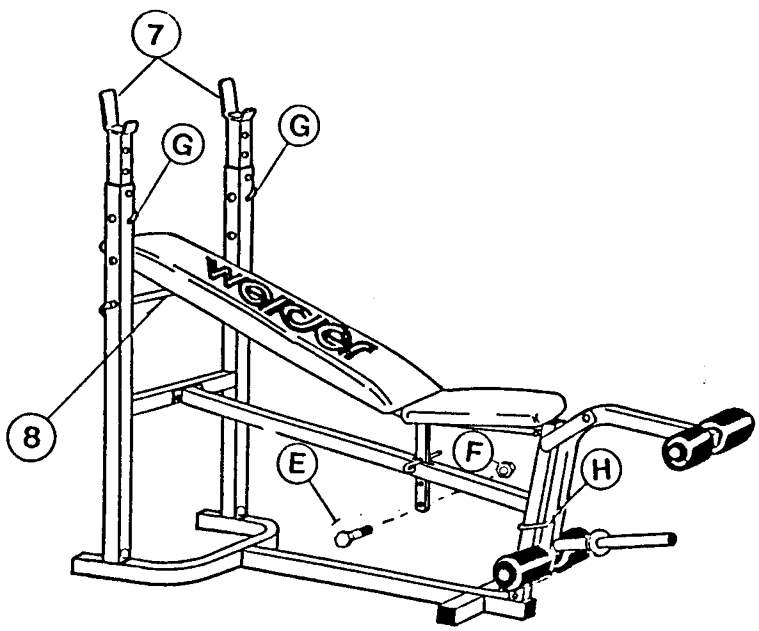
Step 5

Slide SEAT ANGLE IRON (13) onto SEAT ADJUSTMENT "T" rod. Align holes of Seat Angle Iron with seat holes and replace MACHINE SCREWS (N).



Step 6

Place LEG CURL (6) between Leg Curl Brackets on Main Frame and secure with HEX HEAD BOLT (C) and LOCK NUT (D). Slide PAD BAR (10) through lower hole in LEG CURL (6) until equal amounts of bar are on both sides. Insert ROUND PLASTIC CAP (P) into both ends of PAD BAR (10). Slide FOAM PAD (9) onto both ends of Pad Bar. Follow the same procedure with upper pad bar until all pads are in place. Insert SQUARE PLASTIC CAPS (J) into Leg Curl. Insert ROUND PLASTIC CAPS (K and Q) into end of weight holder on Leg Curl.



Step 7

Place ADJUSTABLE UPRIGHTS (7) into Uprights and use LOCKING PINS (G) to adjust their height. BACKREST ADJUSTMENT BAR (8) is used to raise or lower the Backrest. MACHINE SCREW (E) and LOCK NUT (F) are placed in lower hole of Seat Adjustment "T" to prevent the "T" from coming out of the slot. The Leg Curl is locked to the Frame by using the LOCKING PIN (H).

SUPPLEMENTAL PARTS LIST

PLEASE USE THESE PARTS NUMBERS WHEN ORDERING PARTS FOR YOUR B-341 HERMANS BENCH.

WB-341 **PARTS LIST** 6-20-88

DIAGRAM NO.	PART NAME	NO. REQ'D	ORDER NO.
1	Upright	1	CA03-0221
2	Base Frame	1	CA03-0141
3	Main Frame	1	CA03-0142
4	Backrest	1	CA03-0329
5	Seat	1	CA03-0330
6	Leg Curl	1	CA03-0143
7	Adjustable Uprights	2	CA03-0222
8	Backrest Adjustment Bar	1	CA03-6006
9	Foam Pad	4	CA03-0401
10	Pad Bar	2	CA03-6085
11	Seat Adjustment "T"	1	CA03-6086
12	Backrest Angle Iron	2	CA03-6087
13	Seat Angle Iron	2	CA03-6088
14	U-Brackets	2	CA03-6011
A	5/16"-20 x 2 1/2" Hex Head	5	HH-5070
A-1	3/8"-20 x 2 3/4" Hex Head Bolt	2	
B	5/16" Lock Nut	5	HH-5021
C	3/8"-16 x 3" Hex Head Bolt	1	HH-5059
D	3/8"-16 Lock Nut	1	HH-5013
E	¼"-20 x 3/4" Hex Head Bolt	1	HH-5032
F	¼"-20 Lock Nut	1	HH-5011
G	Locking Pin (Small)	2	WW-7020
H	Locking Pin (Large)	1	WW-7021
J	2" Square Plastic Cap	8	AA-8002
K	1" Round Plastic Cap	1	AA-8005
M	Eyelet Pin	1	WW-7005
N	¼"-20 x ½" Hex Head Bolt	8	HH-5025
P	3/4" Round Plastic Cap	4	AA-8004
	Hardware Bag	1	CA03-5752
	Instruction Manual	1	CIN112687

INVENTORY B341 (HERMAN'S) 19__

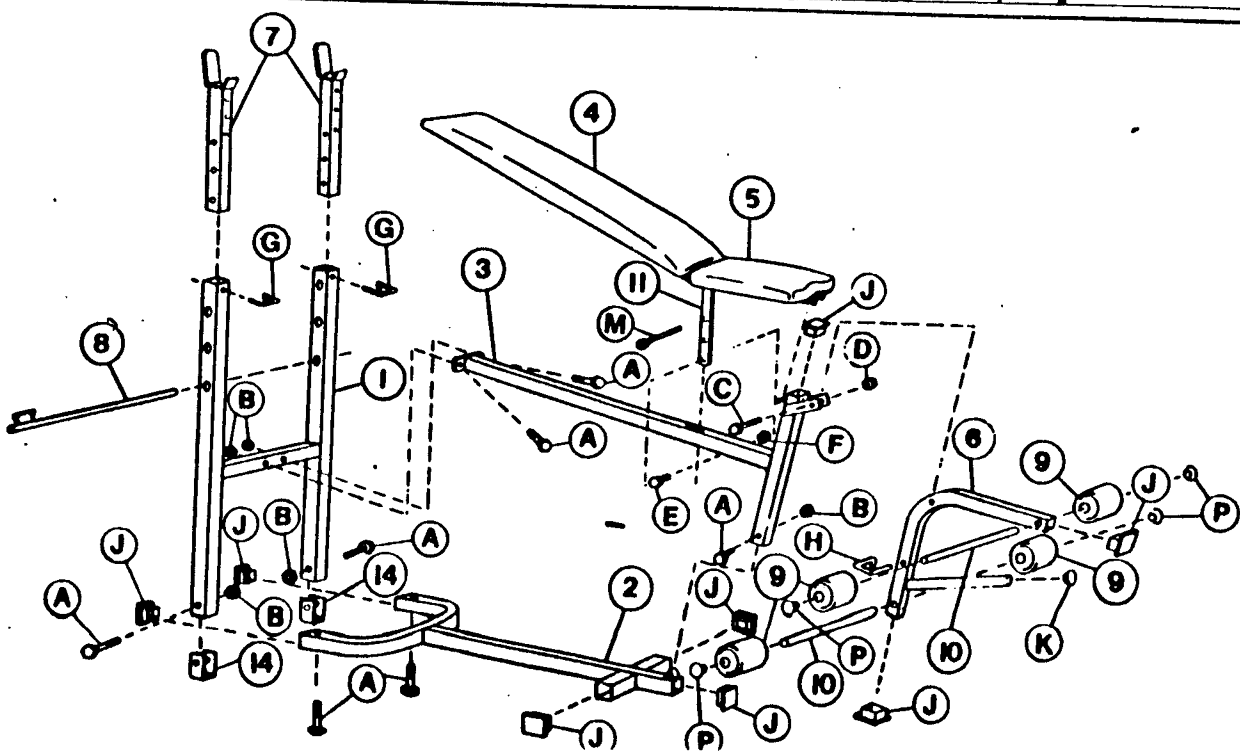
Department ______ Priced by ______ Sheet No. ______

Location ______ Extended by ______ Called by ______

Examined by AUG 1 9 1986 Entered by ______

ITEM NO	DESCRIPTION	√	QUANTITY	UNIT	PRICE	UNIT		Tot
A03-5752	HARDWARE BAG		1		2.98			
HH-5070	5/16"-20 x 2 3/4" HEX HEAD BOLT	A	7		.08			
HH-5021	5/16"-20 LOCK NUT	B	5		.04			
HH-5059	3/8"-16 x 3" HEX HEAD BOLT	C	1		.09			
HH-5013	3/8"-16 LOCK NUT	D	1		.04			
HH-5032	1/4"-20 x 3/4" HEX HEAD BOLT	E	1		.06			
HH-5011	1/4"-20 LOCK NUT	F	1		.02			
HH-5025	1/4"-20 x 1/2" HEX HEAD BOLT	N	8		.04			
AA-8002	2" SQUARE PLASTIC CAP	J	8		.09			
AA-8004	3/4" ROUND PLASTIC CAP	P	4		.04			
AA-8005	1" ROUND PLASTIC CAP	K	1		.04			
WW-7005	EYELET PIN 5/16" D WIRE 3 1/2" L	M	1		.15			
WW-7020	LOCKING PIN (SMALL)	G	2		.19			
WW-7021	LOCKING PIN (LARGE)	H	1		.24			

Taylor Print Shop, Olney, Illinois Form 3477



INVENTORY 8341 (HERMAN'S) 19__

Department ______ Priced by ______ Sheet No. ______

Location ______ Extended by ______ Called by ______

Examined by AUG 19 1988 Entered by ______

ITEM NO	DESCRIPTION	✓	QUANTITY	UNIT	PRICE	UNIT		Total
A18-0221	UPRIGHT	1	1		4.25			
A18-0141	BASE FRAME	2	1		5.10			
A18-0142	MAIN FRAME	3	1		5.00			
A18-0329	BACKREST	4	1		3.01			
A18-0330	SEAT	5	1		2.75			
A18-0143	LEG CURL	6	1		3.00			
A18-0222	ADJUSTABLE UPRIGHT	7	2		2.40			
A03-6006	BACKREST ADJ BAR	8	1		1.20			
A03-0401	FOAM PAD	9	4		.65			
A18-6085	PAD BAR	10	2		.35			
A18-6086	SEAT ADJ T	11	1		.75			
A18-6087	LONG ANGLE IRON	12	2		.50			
A18-6088	SHORT ANGLE IRON	13	2		.30			
A03-6011	U-BRACKET	14	2		.15			
NN-1001	INSTRUCTION MANUAL		1		.30			
NN-1002	SUPPLEMENTAL SHEET		1		.0			

weider

AUG 19 1988

BENCH SPECIFICATIONS

UNIT NO. B-341 (HERMOUS) WEIGHT ______

CARTON ______
L W H

FRAME COLOR: CHARCOAL
VINYL COLOR: DK. GRAY

SCREEN DESIGN:

*SEAT CHEVRON COLOR PMS #116 YELLOW
*BACKREST WEIDER (OUTLINE) COLOR YELLOW

DECALS:

*DESCRIPTION CHEVRON w/WEIDER (YELLOW + BLACK)
*LOCATION UPRIGHTS QUANTITY 2

PAD SIZES:

*ANKLE PAD 3x5 COLOR BLACK
*KNEE PAD NONE COLOR ______

UPRIGHTS: ✓ ADJUSTABLE ______ NON-ADJUSTABLE

*TUBING SIZE & SHAPE 2" SQUARE
*HEIGHT ADJUSTMENTS 38 TO 48½ (7 POSITION)
*OVERALL WIDTH 24

LEG CURL: ______ NONE ______ ADJUSTABLE ✓ NON-ADJUSTABLE

*TUBING SIZE & SHAPE 2" SQUARE

FRAME:

*TUBING SIZE & SHAPE 2" SQUARE
*BASE LENGTH 45

SEAT: ______ FIXED POSITION 21" ✓ ADJUSTABLE (3 POSITION)

*SIZE: WIDTH 14½-10½ DEPTH 16½

SEAT BACK: WIDTH 10 LENGTH 36 (4 POSITION)

OVERALL SIZE: (MAXIMUM DIMENSIONS)

*LENGTH 77
*WIDTH 24½
*HEIGHT 52¼

OTHER FEATURES: